Physical Development Skill Assessment

Infants & Toddlers

LOCOMOTOR SKILLS	Not Observed or Cannot Do	Occasionally Does	Consistently Does
Infants			
Hold head erect and steady	Alexandria (1985) A. Francisco (1994) (1994) (1994) (1994)	State Control of the	
Lifts head and shoulders, full forearm in prone position	· · · · · · · · · · · · · · · · · · ·		
Rolls over (back to front)			
Crawls/pulls to stand			
Walks independently			,
Toddlers			
Cruises while holding on to furniture			
Walks across room, starting and stopping			;
Walks up and down stairs, with support			:
Walks independently			
Moves body in new ways, such as tumbling			
Walks sideways and backwards			
Walks to a ball and kicks it			
Running alone			
Runs with increasing speed			
Jumps in place			
Jumps over objects or off a step/box			
BALANCING SKILLS	Not Observed or Cannot Do	Occasionally Does	Consistently Does
Infants			
Sits alone momentarily			
Stands momentarily without support			
Can prop sit (placed in position with support)			
Rocks back and forth on hands and knees			
Toddlers			
Squats to pick up toys			
Stands on tiptoes to reach something			
Gets in and out of adult chair			
Kneels while playing		·	
Straddles across beam or sandbox edge			
Tries to stand on a flat board			

MANIPULATIVE SKILLS	Not Observed or Cannot Do	Occasionally Does	Consistently Does
Infants			
Opens hand to release toy			
Unilateral reaching		٠	
Bats at rattle that is held near			
Reaches for toy with whole hand			
Toddlers			
Carries a large ball while moving			
Flings a beanbag			
Throws a ball or other object by pushing it with both hands			-
Catches a large, bounced ball against body with straight arms			
Kicks a stationary ball			
Holds object in one hand and bangs spoon with other hand			
Dumps pail with one hand and retrieves shovel that fell out			
with other hand			
Throws ball intentionally			
Throws ball overhand, using both arms, while standing			

Pica, R. and Gardzina, R. (1990). *Toddlers Moving and Learning* (2nd ed.). Champaign, Illinois: Human Kinetics. The Wisconsin Model Early Learning Standards Steering Committee. (2008). *Wisconsin Model Early Learning Standards* (2nd Ed.).

Physical Development Skill Assessment

Preschoolers

Walks across room Uses a hurried walk Walks backwards Pushes a riding toy with feet while steering Uses a walker to get to the table Marches around room Walks up and down stairs alternating feet, holding the handrail or with help Jumps in place, two feet together Three to Four Year Olds Runs Avoids obstacles and people while moving Starts and stops using wheelchair Walks up and down stairs alternating feet Climbs at least two rungs of a jungle gym Climbs up and down on playground equipment Rides tricycle using feet to push forward Rides tricycle using pedals Gallops, but not smoothly Jumps over objects or off a step/box Four to Five Year Olds Runs smoothly, quickly, changes directions, stops/starts quickly Marches Moves through obstacle course Gallops and skips with ease Plays "Follow the Leader" using a variety of traveling movements Plays games that require jumping or kicking the ball BALANCING SKILLS Not Observed or Cannot Do Cocasionally Does Two to Three Year Olds Squats to pick up toys Stands on tiptoes to reach something Gets in and out of adult chair Kneels while leadure Funel walker Funel wal	LOCOMOTOR SKILLS	Not Observed or Cannot Do	Occasionally Does	Consistently Does
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Moves through obstacle course Gallops and skips with ease Plays "Follow the Leader" using a variety of traveling movements Plays games that require jumping or kicking the ball BALANCING SKILLS Two to Three Year Olds Squats to pick up toys Stands on tiptoes to reach something Gets in and out of adult chair	Jumps and spins			:
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Stands on tiptoes to reach something Gets in and out of adult chair	Squats to pick up tovs			
Gets in and out of adult chair				
	Kneels while playing			

Straddles a taped line on the floor			
Sidesteps across beam or sandbox edge			
Three to Four Year Olds			
Walks forward along sandbox edge, watching feet			
Jumps off low step, landing on two feet			
Jumps over small objects			
Holds body upright while moving wheelchair forward			
Four to Five Year Olds			
Hops across the playground Hops on one foot then the other			
Walks across beam or sandbox edge forward and			
backwards	<u>-</u>		
Attempts to jump rope			
Hops, skips or twirls around and stops without falling			
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MANIPULATIVE SKILLS	Not Observed	Occasionally	Consistently
MANIPULATIVE SKILLS	or Cannot Do	Does	Does
Two to Three Year Olds			
Carries a large ball while moving		1	
Carrier a large san filme metals			
Flings a beanbag			
Flings a beanbag Throws a ball or other object by pushing it with both hands			
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Flings a beanbag Throws a ball or other object by pushing it with both hands Catches a large, bounced ball against body with straight arms Kicks a stationary ball Three to Four Year Olds Throws a ball or other object Traps thrown ball against body Strikes a balloon with a large paddle Kicks ball forward by stepping or running up to it			
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Sources:

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